Say When: Assessing Alcohol's Place in Your Diet

Semper Fit
Health Promotion Presentation

Objectives

- Assess
  - Get real . . .
    - What is alcohol's current place in your diet?
- Arm
  - Get informed . . .
    - What do you know about alcohol?
- Act
  - Get moving . . .
    - What can you do today?

Assess . . . Mirror, Mirror

- Why do you drink?
- When?
- Where?
- How?
- Who with?

Getting Real

- Self-Assessment Tools
  - Notice*
  - Keep a Log
  - Take a free, confidential online assessment
- Ask Friends, Family, Co-Workers

*Note your caffeine intake throughout the day as well.

Denial . . .

That Guy.com
REASON #585 NOT TO BE THAT ~~GUY~~ GIRL:
HE DIDN'T DESERVE ME ANYWAY!
DID YOU SEE HER SHOES?
THIS PLACE IS CRAWLING WITH LOSERS!
MARK PARISI
NOBODY LIKES A DRAMA QUEEN

Is this a problem?

- You may have a drinking problem if you…
  - Can never stick to “just one” drink
  - Feel guilty or ashamed about your drinking
  - Lie to others or hide your drinking habits
  - Have friends or family members who are worried about your drinking
  - Need to drink in order to relax or feel better
  - Ever “black out” or forget what you did while you were drinking
  - Regularly drink more than you intended to

Source: www.helpguide.org

Arm . . .
Fun Facts About Alcohol

- Mythbusters
- Definitions
- Hey, I thought this was an energy drink. Why do I have the urge to sing karaoke at work?
- Alcohol & PT
- Calories, Calories
- Liquid Courage

  = Impaired Judgment

Mythbusters

- Alcohol doesn’t . . .
  - Help you sleep
    - It might make you drowsy initially, but alcohol interferes with deep, restful sleep
  - Fight infections
    - Alcohol can impair the body’s ability to fight infections and may interfere with medications
  - Warm you up
    - Alcohol tends to increase the body’s heat loss, which makes you more susceptible to cold

Definitions

- Moderate
  - Men = 2 drinks max per day
  - Women = 1 drink max per day
- Binge
  - Pattern that brings blood alcohol concentration to (0.08%) or above
  - Usually corresponds to:
    - Men = 5 or more drinks within 2 hrs
    - Women = 4 or more drinks within 2 hrs

Definitions (cont'd)

- Abuse Characteristics:
  - Reliance on alcohol to fall asleep or relax
  - Continued use of alcohol despite negative consequences (harm to one's health, relationships and/or career, legal problems, etc.)
- Alcoholism Characteristics:
  - Craving
  - Loss of Control
  - Physical Dependence
  - Tolerance

Alcohol & PT

- Alcohol affects:
  - Balance and steadiness
  - Reaction time
  - Fine and complex motor skills
  - Information processing
- Displaces nutrient-dense foods in the diet
- Affects the absorption of some vitamins
- Dehydrates
- “ . . . athletes who socially consume excessive alcohol the evening after a practice or a game may subsequently have an impairment of athletic skills for as long as 14 hours.” *(Source: ESPN)*

Calories, Calories

Beverage	*Serving Size*	*Calories Per Serving*	*Carbs Per Serving (g)*
Beer (Regular)	12 oz	145 – 150	10 – 14
Beer (Light)	12 oz	100 – 110	5 – 7
Wine (Red)	5 oz	100 – 125	4 – 5
Wine (White)	5 oz	100 – 125	<1 – 2
Distilled Spirits (80-proof)	1.5 oz	100	0

One 12 oz beer has 103 calories. Did you ever wonder how many calories are in 6 beers?

= 618
alories !

One Rum & Coke has 240 Calories, Did you ever wonder how many calories were in 6 Rum & Cokes?

6 Rum & Cokes have

1,440 Calories !

Liquid Courage = Impaired Judgment

Act: Get a Move On

- Put down the Mojito
- Now Pick Up Your Mojo
  - Find a motivating factor
  - Keep it close
- Ride in the Middle of the Road
  - Moderation = Health
- Seek professional help if necessary
- Dust the bar mix off your face and try again . . . and again . . . and again

Resources

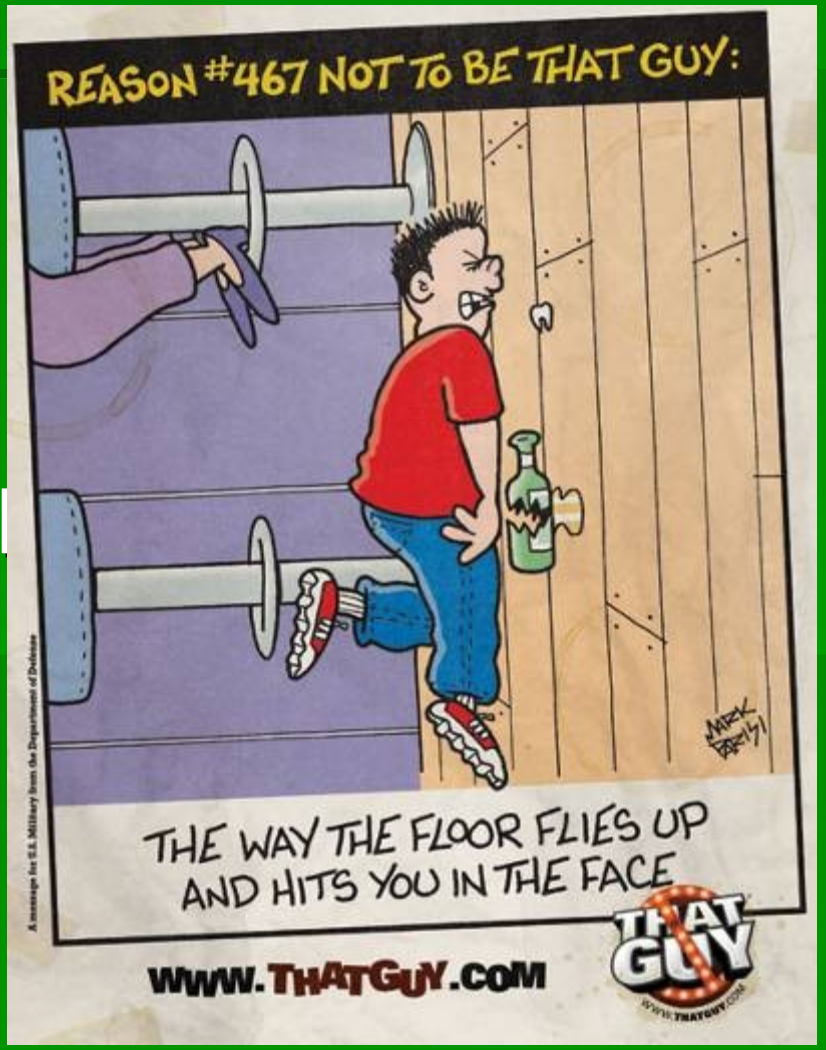
- General
  - www.thatguy.com
    - Military-specific alcohol awareness campaign
  - www.helpguide.org
    - Click on “Alcoholism and Alcohol Abuse”
- Confidential Online Self-Assessments
  - www.militarymentalhealth.org
  - www.thatguy.com/who-is-that-guy/am-i-that-guy.htm
    - “Am I That Guy” Questionnaire

Handouts

- Stages of Change Model
- Self-Assessment Worksheet
- “That Guy” Promo Items
- Help Resource List

April Observances

- Alcohol Awareness Month
- National Facial Protection Month
- National Donate Life Month



Points of Contact

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